

**B.A./B.Sc./B.COM. DEGREE END SEMESTER EXAMINATION – OCT. 2020: JANUARY 2021****SEMESTER –5: PHYSICAL EDUCATION (OPEN COURSE)****COURSE: 15U50CPHE1: PHYSICAL HEALTH AND LIFE SKILLS EDUCATION***(Common for Regular 2017 admission & Improvement 2016/Supplementary 2016/2015 admission)*

Time: Three Hours

Max. Marks: 75

**PART – A (one word)*****Answer all questions. Each question carries 1 mark***

1. What is the ultimate aim of education?
2. Which is the first scientific physical education college in India?
3. Expand WBC
4. Hypokinetic diseases are also known as \_\_\_\_\_.
5. Expand WADA
6. What is the ability to overcome a resistance with a fast contraction?
7. How many major bone are there in a human body?
8. What is the ability of the human body to change the direction quickly and effectively?
9. The word 'yoga' originates from the word \_\_\_\_\_.
10. What is the normal resting heart rate of a well-trained athlete? (1 x 10 = 10)

**PART –B (Short notes)*****Answer any Five questions in about 60 words each. Each question carries 3 marks***

11. Write one definition of physical education?
12. Explain lifestyles diseases?
13. What is wellness?
14. Merits and Demerits of league tournament
15. What is a Balance diet?
16. What is vital capacity?
17. Explain Scoliosis? (3 x 5 = 15)

**PART – C (paragraphs)*****Answer any Four questions in about 100 words each. Each question carries 5 marks***

18. Write the various principles of first aid?
19. What are the benefits of Meditation?
20. Write the effect of exercises on circulatory system
21. What are the benefits of Halasana?
22. Explain any three principle of physical training
23. Write the meaning and definition of yoga? (5 x 4 = 20)

**PART – D (Essays)*****Answer any two question. Each question carries 15 marks***

24. Name and explain various systems of our body.
25. Write the meaning and scope of health education
26. What is a fracture? Explain different types of fracture.
27. Explain about the activities for developing physical fitness (15 x 2 =30)

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